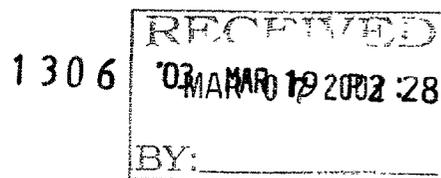




We Make Quality Affordable

February 21, 2003



Food and Drug Administration
 Center for Food Safety and Applied Nutrition
 Office of Nutritional Products, Labeling, and Dietary Supplements
 Division of Nutritional Programs and Labeling
 200 C Street SW
 Washington, DC 20204

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of Vitamin B₁₂ Liquid, a dietary supplement.

Statements being made in the labeling of Vitamin B₁₂ Liquid

(1) Vitamin B₁₂ (Cyanocobalamin) is a water-soluble vitamin necessary for the maintenance of a healthy nervous system and for the metabolic utilization of fats and proteins. Vitamin B₁₂ is also essential for the synthesis of DNA during cell division and therefore is especially important for rapidly multiplying cells, such as blood cells. In addition, adequate intake of Vitamin B₁₂, along with Folic Acid and Vitamin B₆, encourages healthy serum homocysteine levels, thereby supporting cardiovascular health. Because Vitamin B₁₂ is found only in animal products, strict vegetarians are at risk of developing Vitamin B₁₂ deficiency and may benefit from supplementation.

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. NOW Foods possesses substantiation that the statements are truthful and not misleading.

Jim Roza
 Director, Quality Assurance
 NOW Foods
 395 S. Glen Ellyn Rd.
 Bloomingdale, IL 60108

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